



THE FLYER

Salisbury University's student voice

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Operation We Care comes to Salisbury



Brittany Bursa Photo

The week of the drive, the fraternity also hosted two bake sales to raise money for the troops. The day after the drive, APO hosted a packing party to bundle the donations they had been given to send overseas.

BY SAMUEL STEVENS
Staff Writer

Salisbury University service fraternity Alpha Phi Omega (APO) conducted a collection for troops overseas at the North Salisbury Wal-Mart on Nov. 15 to show men and women in uniform that the 'home front' appreciates their service as well as going in harm's way to defend the nation.

"It's just a nice way to show them that we care and appreciate all they have done," Alpha Phi Omega's Public Representative Emily Outtarac said.

The items included necessities, such as soap, shampoo and deodorant as well as gum and granola bars.

APO completed the drive by working with the local Salisbury community and Maryland's Operation We Care to raise supplies for the troops.

In addition to donating items, the group also accepted cash donations to buy care

packages.

APO's goal was to send about 800 packages to the troops in the Middle East.

Operation We Care has been active in Salisbury and Maryland for the past four years, and according to APO advisor Claire Williams has always been successful.

The fraternity also had two bake sales the week leading up to the drive to donate to the troops.

Between the bake sales and the drive, APO raised \$700 for the troops along with the donated items.

"We're raising morale and (giving them) a taste of home," Williams said.

Besides drives and donations, SU students also assisted current military personnel and veterans on campus through the Student Military and Veterans Association.

The SMVA assists veterans and dependents in transition from military to university life.

Those students interested in taking a more

active role in the service can join Salisbury's Reserves Officers Training Corps unit on campus.

ROTC involves a classroom component as well as training activities off campus. Students participate in land navigation, infantry exercises, as well as physical conditioning.

Cadets in the program graduate as a commissioned officer on active duty in the Army or part time in the Reserve or National Guard.

Off campus community groups are also a way for SU students to support the troops.

The American Legion and Sons of the American Legion is open to veterans or the children of veterans, respectively.

The organization is a non-partisan advocacy group focused on supporting former members of the military and promoting American values of democracy and community service.

Salisbury moves to have more students participate in study abroad

BY SHANNON WILEY
News Editor
@TheShannonWiley

Salisbury University has been working to expand their study abroad program, giving students new ways to experience and learn from the world by joining the Generation Study Abroad by Institute of International Education (IIE).

Generation Study Abroad is an initiative working to double the number of American students participating in international education by 2019.

"International education is a pillar of an SU educational experience," said SU Center for International Education Director Brian Stiegler.

According to IIE, less than ten percent of all American college students study abroad at some time in their academic career.

The International and Educational Exchange had 295,000 students study abroad in credit and non-credit programs during the 2011-2012 school year. Generation Study Abroad hopes to bring this number to 600,000 by 2019.

The initiative includes about 240 U.S. colleges, as well as study abroad and educational organizations, governments and partner institutions in Australia, China, Hungary, Italy, Turkey, the United Kingdom and other countries.

"Globalization has changed the way the world works, and employers are increasingly looking for workers who have international skills and expertise," said IIE President Allan Goodman.

According to IIE, having experience abroad is one of the most important features of this century's education.

"Globalization is changing the way the world works and employers are increasingly looking for workers who have international skills and experience," IIE said.

Stiegler agreed how important an abroad experience is to this time period.

"The key is the internationalization of the undergraduate experience," he said. "All careers, all civic responsibilities, all human experience in the 21st century are affected by the interaction between nations, peoples, languages and cultures. The student who graduates without a personal understanding of the influences of the world on his or her life will be less prepared for success as a citizen, member of the workforce and person. Global competencies have never been more important than they are today."

While much of the program is focused on college students, Generation Study Abroad is searching out educators at all levels to "encourage purposeful, innovative action to get more Americans to undertake an international experience."

The university itself has taken great measures to increase opportunities for students to study abroad, and since SU President Janet Dudley-Eshbach has been tenured, participation in study abroad programs at the school has increased by 180 percent.

During the 2013-2014 school year, almost 300 students studied abroad for credit and currently 14 percent of students study abroad before graduation.

The university also has an International Education Strategic Plan for 2014-2018 which established a goal to increase the number of students going abroad annually to 500 with a participation rate of 25 percent of all graduating students.

"More important than the expansion of sites, we are working hard to expand the enrollments at the sites we already have," Stiegler said. "The two key approaches are

See STUDY on Pg. 2

Breck Sullivan Becomes SU's Sixth EPA GRO Fellowship Recipient in Five Years

BY MADELINE KELSEY
Staff Writer
@KelseyMadeline

When Salisbury University junior Breck Sullivan found that she had been awarded the Environmental Protection Agency Greater Research Opportunity fellowship, a large academic scholarship that couples as an opportunity to work in the field, she was overwhelmed.

"I never dreamed of having an opportunity like this," Sullivan said. "Honestly I'm still in shock a little bit."

This fellowship opportunity, worth up to \$50,000, is awarded to 34 students nationwide each year. It provides students, like Sullivan, with funding for their junior and senior year of college and a stipend for books.

It will also allow her to work alongside EPA officials in a paid internship position during the summer of 2015, where she hopes to gain experience that will assist her in narrowing the

field of research she hopes to go into after graduation.

"The beauty of environmental studies is that there are so many options, so many things that you can study," Sullivan said. "I hope this helps me narrow down what it is I want to do."

As an intern for the EPA, Sullivan is eager to have the opportunity to study coastal systems with a focus on pollution impacts on the Chesapeake Bay. She is also excited for the opportunity to incorporate her love for mathematics into her research.

Growing up in Salisbury, Sullivan owes her interest in the environment to the diverse landscape that has surrounded her for her entire life.

"Every aspect of the environment has affected me," Sullivan said. "The Bay is close by, the ocean is only 30 minutes away and we are surrounded by agriculture in Salisbury. The environment is always in the back of my mind."

Sullivan is the sixth Salisbury University stu-

dent to be awarded this fellowship in the last five years, making SU one of the top universities for EPA fellowship opportunities.

She feels that this honor for such a young department speaks volumes of the SU faculty members.

"It shows so much to the strength of the professors in the environmental studies department," Sullivan said. "They care so much about what the students are interested in."

While she has always cared for the natural world, Sullivan feels that majoring in environmental studies has made her more aware of the responsibility people have in protecting the world they live in.

For environmental studies students considering applying for an EPA GRO fellowship Sullivan recommends focusing on your academics, and staying true to the things that you care about. She believes that being honest in what you want your passion will show.

"Now when I go to the beach I don't just go to look at it, I realize that it's important to restore it and take care of it," she said.

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STUDY

Continued from PAGE 1

sophomore level general education modules for all students and further integration of the curriculum at our Salisbury Abroad sites directly into selected academic majors and minors. In this way, we would like to triple yet the participation on the Salisbury Abroad semester study abroad programs."

While SU students have traveled all over, Malaga, Spain and Cuenca, Ecuador have been the most popular sites, followed closely behind by Stirling, Scotland.

The university is currently working on adding more sites to Vina del Mar, Chile and Hirakata, Japan, while also exploring the idea of adding a program in New Zealand.

At SU, students have the opportunity to study abroad through four different outlets, all of which students can apply for financial aid and scholarships.

One is a short-term faculty-led international program during January, Spring Break and Summer Session in which students can earn university credits.

For this option, students apply through SU and pay the university costs for program.

SU 2013 Alumnus Aaron Loney traveled to South Africa the winter of his senior year.

"It has been one of the best experiences of my life," he said. "I have been all over because my dad was military and that still was one of the best places I have been, it was beautiful, we got to experience all kinds of things the classes were very interesting, just an all around experience."

Senior Taylor Rogers will be taking part in this program by traveling to Scotland this summer.

"(I'm hoping) to be immersed in the culture and learn how Scots live their life every day," Rogers said. "Especially after the vote for Scotland's independence, I want to hear from locals about their opinions on this controversial issue and whether they like the result or not."

Rogers decided on Scotland by researching the places SU offered for a winter term, since he knew he wanted to travel during that time of year. To him, Scotland seemed the most interesting and diverse in terms of culture.

Another outlet is through one of the four semester or year exchange agreements with foreign universities SU has in China, Ecuador, France and Germany.

For this option, students pay SU tuition and fees for the semester, or semesters, that they will be abroad, paying no tuition to the foreign university.

Also through this option, students earn credits through their foreign university and transfer the credits back to SU.

Sophomore Deschaune Bellamy has been

in Korea for the last 11 months completing a year long program to learn the language, engage himself in the entire culture and classes both in finance and Korean electives.

"I had always had an interest in Korean culture," Bellamy said. "Since high school I listened to Korean pop music and watched Korean television dramas. It has always been my dream to come to Korea. I actually chose Salisbury because it has a study abroad opportunity in Korea."

Another way students at SU can study abroad is through one of the seven signed affiliation agreements the university has for programs all over the world in every major.

With this option, SU accepts credits from the affiliates and the SU Center for International Education works with these programs to make all arrangements for student participants once students have applied directly through the affiliates and filed paperwork with SUCIE.

Tuition and fees for this program are paid to the affiliate so students pay no tuition to SU while they are abroad. Credits earned will be received by SU as transfer credits from the affiliate program.

While students can earn financial aid and scholarships for all program outlets, for this particular option all SU financial aid can be applied to a student's costs.

The last option is for students that have a specific need for a program that neither SU nor the university's affiliates offer, so SUCIE will work with students and approve new affiliate programs on a case-by-case basis.

Tuition and credits work the same for this option as they do for traveling with SU's approved program affiliates.

While many students at SU travel abroad for courses or faculty-led programs, others travel abroad to complete internships for their majors.

Senior Benjamin Ruiz de Gamboa traveled to Spain this past summer to do an internship for communications.

Ruiz de Gamboa traveled by himself, but met many people from around the country that were in the same program as he was.

"I got the opportunity to get a sneak peak at the real world, make great friendships, gain practical experience of the field I'm trying to get into and networked in my field," he said. "Let's just say I miss it every day and the reverse culture shock was really bad up until a month ago."

Ruiz de Gamboa added that if anyone has the opportunity they should go. "You will learn about yourself and gain a better understanding of the world," he said.

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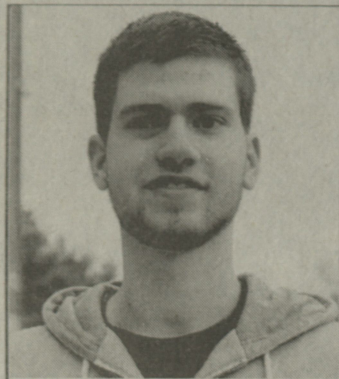
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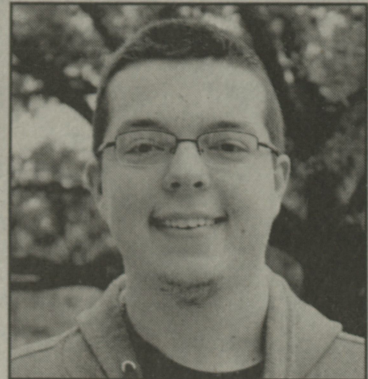
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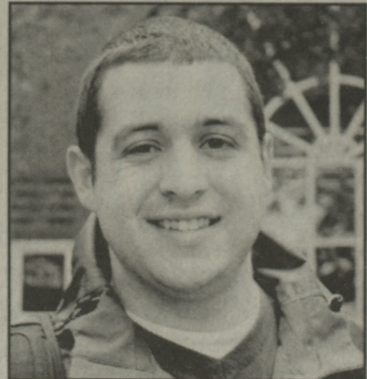
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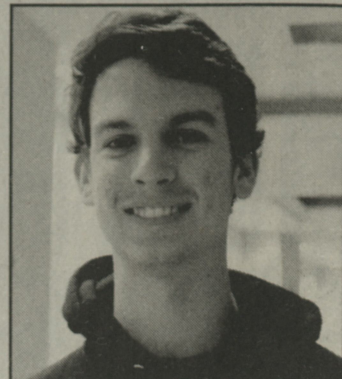
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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

In Response to "Girls Gone Wild"

BY EMILY CONSIDINE
Contributor

It's crazy what some boys are saying and writing these days. It's my junior year of college and I've more than noticed a common trend, namely the blatant disrespect that is had for the women on this campus that are treated more like "pieces of meat" than they are peers.

Now, this isn't just the boy who wrote the rather disrespectful and sexist article on what girls are wearing these days. His view, frankly, is just a symptom of the overwhelming problem of sexism and misogyny in our world.

This world is the world where men (and women, sadly) view what other women are wearing as a judgment of character. This is a world where someone can write an editorial article on how much they lose respect for a woman because she decides she'd rather wear booty shorts than long jeans on any given college day or night.

What do I have to say to these specific individuals? That it's none of your business.

Women are allowed to dress anyway they like and their fashion choices are their business, not anyone else's. How she decides to dress is her prerogative. Why does it matter if she chooses a tight black dress and heels? If it makes her feel good, if it makes her feel sexy or hot or beautiful, so be it.

Women are allowed to dress anyway they like and their fashion choices are their business, not anyone else's

The issue then becomes those who feel the need to "tag" her in a certain way because of the way she decides to dress or act. She becomes a "slut" or "whore," depending on who is speaking and who decides to label her.

Some even choose to use harsher, uglier language. This language immediately takes away the ownership women have over their own bodies and minds and turns them into merely a "piece of meat" – something to be ogled and sexualized. Just because a girl decides to dress "provocatively" does not mean she should be subjected to catcalls or language that labels her in derogatory terms.

Women have every right to get angry at these things because they are not compliments. Women have every right to get angry at these things because they are human beings, just like men, who have independent thoughts and ideals and dreams.

Because she decides to wear a shorter skirt than you think is appropriate, does not mean that she immediately becomes someone that you can degrade.

In our culture where some men feel the need to dictate every single thing that a woman does, says or wears, there is very little freedom that women can feel in terms of their own body and their own sexuality.

The "stripper heels" and the "tight mini dress" that she chooses to wear is an expression of her personality and her choice. She does not need to impress anyone but herself when she walks out the door in the morning.

The reason for this is that women don't owe anyone anything.

Women have a right to be respected regardless of what they choose to wear. The fact that someone can lose respect for women who chose to wear mini-skirts and heels instead of long jeans and sneakers says more about that individual as a person than it does about her; it says narrow mindedness and ignorance of what someone has to offer the world because she dresses more "provocatively" than some like.

Women are shamed in this culture because of their clothing choices and it is upsetting and, frankly, a bunch of b.s. She could be covered up to her neck or she could be wearing nothing at all. In either case, she deserves respect, not judgment.

She deserves integrity, not snide comments as she passes by. She deserves to be treated the same as everyone else.

She deserves to be treated based on the quality of her character, not the clothes she puts on her body. The fact that some still can't see that is insane.

So in the meantime, ladies, wear whatever you want. Everyone else can get over themselves.

I Am Not a Piece of Meat (And You Aren't a Predator)

BY DARBY DICKS
Photography Editor

It is absurd what guys are wearing these days.

Every day, I see boys wearing t-shirts and socks with flip flops; in the winter boys go absolutely crazy with their cargo shorts even though it's below freezing outside and their hats on backwards because they think they are such hot stuff.

And tonight, like many other nights on a college campus, they're harassing women.

We know that guys get a kick out of harassing women on the street because, let's face it, they're just women, right? Just lumps of "walking meat," in stripper heels and tight mini dresses.

Of course men have every right to objectify and demean them because they should just "learn to take a compliment" or "shouldn't have dressed like that if they didn't want the attention." Because women totally crave attention, don't they?

Every woman, regardless of sexual orientation, wants to be the center of attention for a man.

But why do men harass women? It's simple: they crave attention.

As if the whole hat on backwards and socks with sandals thing wasn't enough, they make sure that if you are a living breathing woman walking in full view of the world and possibly showing a little bit of (gasp) skin, you know that they're there, watching your every move like a hungry predator.

Oh, I guess that would make sense because obviously women are just lumps of walking meat.

Men can't seem to find a more dignified way to attract female attention than making complete fools of themselves and literally making women fear for their own safety.

Thank you, virulent misogyny, for making some men think that it is okay to police women's bodies.

Don't dress like that, don't wear makeup, don't go out with your

Thank you, virulent misogyny, for making some men think that it is okay to police women's bodies.

friends, don't live your life because there is sure to be someone of the male persuasion who is watching your every move, ready to point out that you are, in fact, a woman, and therefore they are right and you are wrong by default.

Now, if by this point, you haven't gleaned how I feel on this whole issue or that I was being sarcastic, I suggest you put down this newspaper or close out of your web browser and go read up on your facts or perhaps shove your head a little deeper into the sand. I'm sure it's quite cozy in there.

The truth is this: one out of every six American women has been the victim of attempted rape or completed rape in her lifetime and every year over 200,000 people in the United States are sexually assaulted according to the Center for Disease Control.

Also according to the CDC, 19 percent of undergraduate women surveyed in 2012 reported attempted or completed sexual assault since entering college.

Now if these statistics disgust you, I congratulate you for being a decent human being. Because this is also a fact: women are viewed by a lot of people as objects.

Objects to be owned, to be controlled, to be stared at, to be touched and fondled and groped without permission, to be told to stand there and look pretty because what else are they good for besides being eye candy?

So I would like to say this on the behalf of all the people on this campus who have been sexually assaulted, harassed, raped or just plain creeped out by unwanted advances: stop telling us what to do with our bodies.

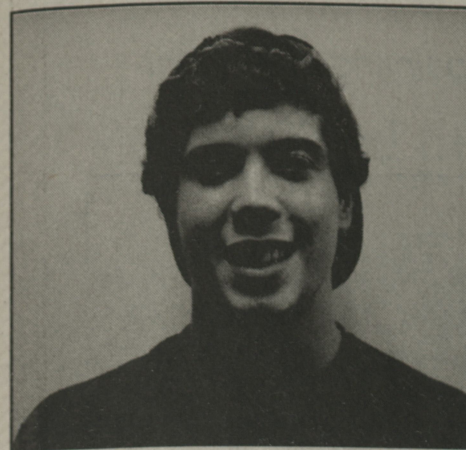
I can wear what I like, when I like, wherever I like and that is none of your business.

I am not a lump of meat, I am a human being, and I demand to be treated like one.

My sexuality is one of the many facets of me and I can choose to flaunt that, or my intelligence, or my skills, or my ability to write an article like this because it is none of your business.

You are not a predator; I am not a piece of meat.

Increase voter turnout



BY KOBI AZOULAY
Staff Writer

Voting is one of the biggest components of a successful democracy. It is not just a right, but a responsibility for citizens to vote.

Without a majority of eligible citizens voting, the results will not accurately demonstrate who the people really want to represent them politically.

This is a problem that is beginning to plague the United States' political system.

A disturbingly low 36.3 percent of eligible Americans voted in the 2014 midterm elections,

the lowest voter turnout since 1942 when 33.9 percent of eligible Americans voted.

This throws a wrench into the entire democratic system.

Many citizens feel as though their one vote is pointless and will have no impact on who gets elected.

While one vote may not make or break an election, when this mindset is shared by millions of Americans it makes a huge difference.

There are also some states that have roadblocks standing in the way of eligible voter's ability to perform their civic duty of voting.

Many states have cut down on their early voting period, which typically decreases voter turnout.

Why would the government want to give people less time to vote?

A democratic government should be doing everything that it can to make it easier for citizens to vote, but that simply is not the reality in many states.

There are ten states that require citizens show their identification in order to vote.

While this seems good in theory by preventing illegal immigrants from voting, it is detrimental to citizens that have difficulty obtaining a state issued ID.

Requiring a state issued ID in order to vote

According to a survey done in 2006 by the Center for Justice at New York University's School of Law, 11 percent of eligible Americans did not have a current government-issued photo ID.

That is a lot of citizens that would be denied their right to vote if voter ID laws were implemented throughout the country.

These laws are especially harsh against African Americans.

According to the survey, 25 percent of eligible African Americans did not have a current government-issued photo ID.

Our country has overcome slavery and segregation, but now there is a new, more subtle version of racism haunting our country.

These laws do not just make it more difficult for African Americans, but also for lower class Americans.

Getting the necessary materials to obtain a state issued ID is especially difficult for some of them because some do not have internet to research the steps they need to take.

Not only that, but it also costs money to order documents like social security cards and birth certificates if someone has misplaced their original copy.

Requiring a state issued ID in order to vote

does more harm than good.

There are many ways that the government could increase voter turnout and the first step would be for voter ID laws to be banned.

Next, the government should extend early voting. By giving people a longer time period to vote early, it would give them time to fit voting into their busy schedules.

Another very useful strategy to increase voter turnout would be to extend Election Day from one day to two. People that may not be available to vote on the first Election Day would then have even more time to get it done.

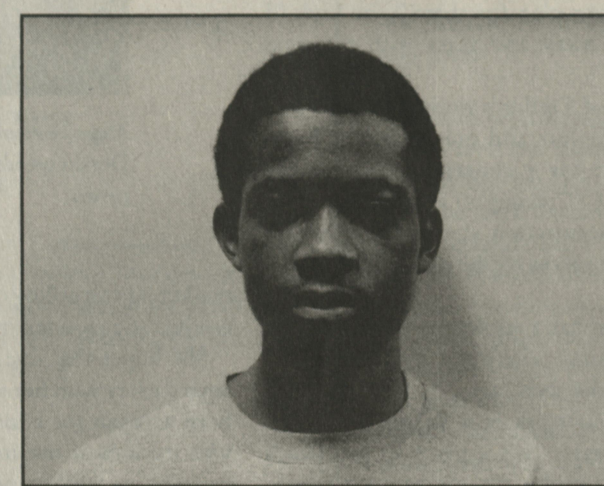
My last strategy, while drastic, would be very effective in increasing voter turnout.

The federal government should offer tax incentives to every American that votes.

This would appeal to Democrats because many are looking to get more people to vote. It would also appeal to Republicans because they are often strong supporters of any way to decrease taxes.

Increasing voter turnout is necessary in order to maintain a successful democracy. By following the steps outlined above, it is very likely that voter turnout would rebound from the historically lows that we are witnessing today.

You have been heard . . .



BY EMMANUEL ATUFU
Staff Writer

About a week ago, I wrote an editorial article called "Girls Gone Wild" that was published in the 11th issue of Vol. 45 of the Salisbury University Flyer.

In the editorial, I shared my observations and experiences with students on women and their fashion choices. I knew the topic of the article was a contentious issue, but that's exactly why I tackled it.

It wasn't in my intentions to demean women. I just wanted to raise awareness on an issue.

Despite me writing this, I want to emphasize the staff who run The Flyer don't necessarily share the same opinion as me.

The article wasn't the success I wanted.

Yes, people were talking about it and sharing it with others and that's fine. It's good to see and hear people actively participating in media and taking a stand for what they believe in.

But I've made a grave error in turning this from a healthy debate, which was what I wanted, to a venting forum.

Do I regret how I generalize women? Of course. But as you can tell, that was an editorial article, so I can speak my mind whether people like it or not.

However, I know that I have offended a lot of people, particularly women, in writing this objectifying, demoralizing and stereotypical generalization.

I should have recognized that my article was one-sided, sexist and was left open-ended.

My goal for this editorial was to bring awareness to the issue of women and their fashion choices and to start a healthy debate that would help slam some of the stereotypes and misconceptions that women face daily based on their dressing preferences.

In writing this article I did what any editorial writer would do, take a side and make it entertaining.

I took a side alright, just not the right one. Consequently, I've received a lot of negative criticism for my article.

Some called my editorial "one of the worst-writ-

ten articles I've ever had the misfortune of reading." Some people called me an a-hole and even resorted to racial slurs.

That wasn't the reaction I wanted, but I guess I should follow my own advice; you don't get to write whatever you want and get upset because you don't like the reaction, whatever that reaction may be.

Most women are classy and not all women dress for the attention of men.

When women dress to impress they do not call it provocative, rather they dress to feel good. It doesn't mean she craves the attention of men.

My biggest mistake while writing this editorial was that I didn't get the opinions and perspective of women.

It wasn't in my intentions to demean women. I just wanted to raise awareness on an issue.

Men are in the wrong, too. We've contributed enormously to the problem of the generalization of women through their attire.

I do still stand by one of my statements though: the way you dress can affect how others perceive you.

And that applies to both men and women. If you're too stubborn to realize this, you're living in the fantasy world.

I do realize after reading this follow-up op-ed, some will still be offended and that's okay.

The message in my article was clear, or so I thought. I just wanted to raise awareness to an issue of, in my eyes, provocative clothing since we are on a college campus where cases of cat-calling, rape and sexual assaults are present.

Regarding this, I would like to add that I do not condone or support sexual assaults or rape, especially because of what someone is wearing.

In the "Girls Gone Wild" article, I wrote that I wasn't judging a girl on how she dressed, but ultimately, I was judging her, and that made my entire article seem incredibly sexist.

I am a human being. We make mistakes. I've made a mistake. I'll learn from it and I'll move on. My argument, I'll admit, it was poorly written and constructed, thus the goal of it was lost.

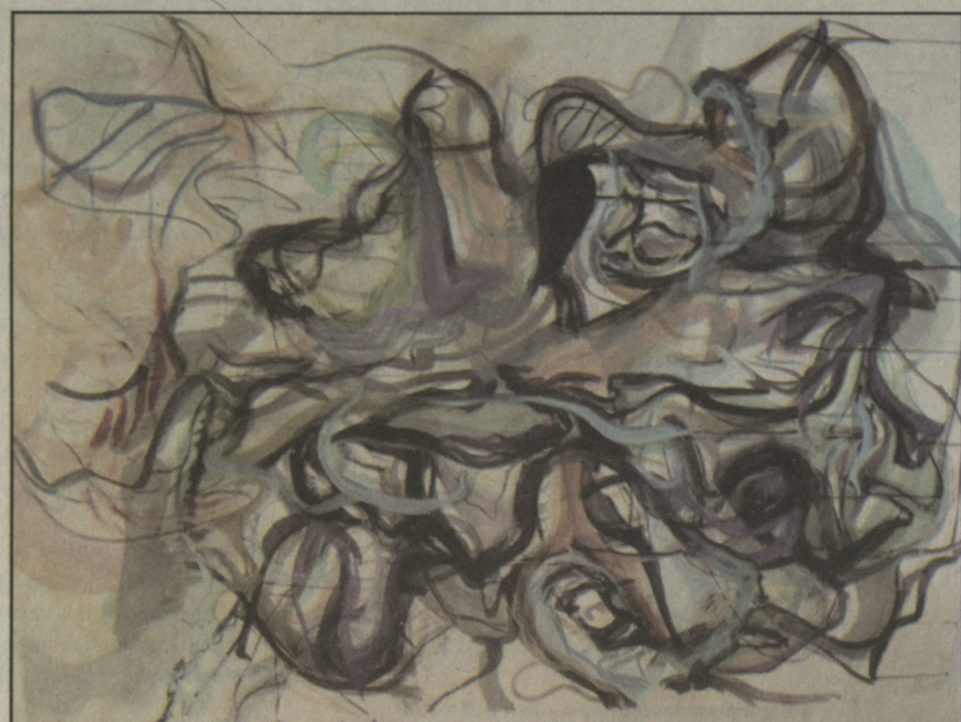
However, this article should not define who I am. I've talked to other people, including an RA and my RD and even though they said some points I made were valid and true, they both agreed that I could have worded and conveyed my intentional message differently so I don't offend or belittle others.

I'm not asking for your forgiveness. Nor do I want it.

I just want to clear the air about the true intentions of my previous article, which was to bring awareness to a contentious issue plaguing women in colleges and across the country.

Atypical art

Artist Julianne Durkin creates unique paintings to reflect her abstract style



Megan Newcomer photo
Being an abstract artist means Durkin never plans out her paintings and sees what happens when her brush touches the canvas.

MEGAN NEWCOMER
Staff Writer
@megannewcomer1

Abstract artists seem to have a harder time in the typical classroom because that style cannot be taught to someone. It is a style that one possesses, and when senior Julianne Durkin switched her major from Photography to Painting last semester, it was a big change.

In high school, Durkin never got into the fine arts. Photography has always been one of her hobbies, so that is where she started.

During her freshman year she was a part of the Art Living Learning Community. By surrounding herself with a bunch of talented, determined artists she says it encouraged her and she was able to strive to be better and have a support system while doing so.

It also exposed her to the world of painting, which she did not expect to fall in love with.

In order to graduate winter of 2015, Durkin has doubled up on studio classes.

Her abstract artwork is not the typical art that one would expect.
"I never plan for them," she said. "I make a mark and react with the next mark."

Most of Durkin's work is painted with vibrant colors and quick strokes. Right now she has a concentration with the theme of "Creating an Environment." In this concentration she hopes to create fourteen pieces by the end of the semester.

Durkin has a section of the Advanced Studio room where she spends multiple hours a day working.

"My artwork is a support system," Durkin said. "It's a place to go. That's why I consider my art as an environment."

After college, Durkin wants to go into education. She hopes to be an art teacher to young kids. She says that she has worked with kids before and she loves the "positive atmosphere."

Durkin does not think she could do the business aspect of being a regular artist. She knows that it is all about the



Megan Newcomer photo
Durkin spends multiple hours a day in the Advanced Studio room working on her pieces.

marketing and selling of what one paints, not just the painting itself.

She hopes that one day she can influence society with her artwork. She has been a vegan for a long time, and plays with the idea of making artwork that can provoke society's stand point of vegans. However, for now she says that her style makes it hard to do such thing.

Some of her artwork can be seen in Cool Beans and is similar to the work of Jackson Pollock, even though she says the artists who most influenced her are Louise Bourgeois and Joan Miro. Durkin says she is supported by Professor Carl Goldhagen, who has helped her on this

change of direction.

Recently, she has evolved her abstract style into surreal artwork. In her most recent painting, she is doing a self-portrait within the walls of the "environment" that she has already created. With the past few paintings she has done, it has changed the way that she sees them. Now it is not just about the environment, but the context. For example, she will start how she always starts her artwork, but if she sees a face, or some kind of subject, she goes with that idea.

Durkin is looking forward to her showcase next semester.

Salisbury through the eyes of a Scotsman | Shields reflects on his semester at SU



Photo submitted
Shields most recently visited Philadelphia, the City of Brotherly Love, and added it to the list of places he has visited during his time in the SU.

BY DANIEL SHIELDS
Staff Writer
@danielshields94

As my time in Salisbury comes to an end, I thought it would be fitting to take a light-hearted look back on my time here and reflect on how my experiences have impacted me and how I will remember my time at the university.

I will, without doubt, be asked "So how was Salisbury?" by friends and family when I go home to Scotland. With the end of the semester drawing ever closer it has given me a chance to think about how my time here has compared to my expectations before my adventure began.

The first thing I will reflect on when I get home is the friendly nature of almost all of

the students and staff that I have met during my time as a foreign student at SU. From my very first days in the community I was greeted with great warmth from everyone I met. Starting with Agata Liszkowska and the International Exchange department all the way to the random people I met in class and at parties who were overjoyed to meet someone with a funny accent.

I love Scotland and I love being able to talk about it. I will definitely miss being asked questions out of the blue in classes or at parties. People were often wary of whether or not they were annoying or offending me by asking daft questions about my homeland, but it was very much the opposite. As a nation we are proud to tell people where we came from, but we are also the first to make jokes about ourselves and to pick holes in

the storyline of Braveheart.

The occasional party goer who would not believe I was from Scotland did give me a laugh. "Are you from Scotland? Nah come on, are you really though?" I even had a few people who accused me of putting on the accent, if only they knew.

I knew that America was a country, which, like Scotland, loves their sports. As a big fan of sports I was keen to experience it in the American culture. My experiences at the Orioles game were brilliant. I had been unsure whether or not baseball would appeal to me as I had pre-conceived ideas of a game that was very start and stop, which lasted for hours.

It did last hours and it was very start and stop, but I had a great time at the game. The entertainment between innings and the fun,

family atmosphere meant that the whole occasion was one that I really enjoyed and if truth be told I enjoyed it a lot more so than I had expected to.

My next memory has got to be the music. Rap or country seem to be the only options and as a fan of neither it has been a bit of a rough ride on that front. With the thanks to my roommate I am coming round to the country genre, although it would be untrue for me to say that I am a fan. I am certainly a long way from donning my guitar and cowboy hat but it has been a part of the culture that I have enjoyed getting to know.

I was a little unsure whether or not fraternities and sororities existed and I was surprised to learn the nature of them when I arrived. Learning a little more about the organizations has given me a greater understanding of the importance of them to campus life.

I was aware of 'frat parties', but this is seen as some sort of clichéd image of American college life. The on-campus events and charity work done by these organizations is something that I had no idea about before arriving in Salisbury.

At home I will also speak very highly of the lovely people at The Flyer who have allowed me to pen my ramblings every couple of weeks in the newspaper and online. As a student from Stirling with a monthly university paper I was very impressed to find that Salisbury students produce a top class weekly edition here at SU.

I think that the university community should have a way of expressing our views on matters affecting us and The Flyer is certainly doing a superb job of allowing the student voice to be heard loud and clear.

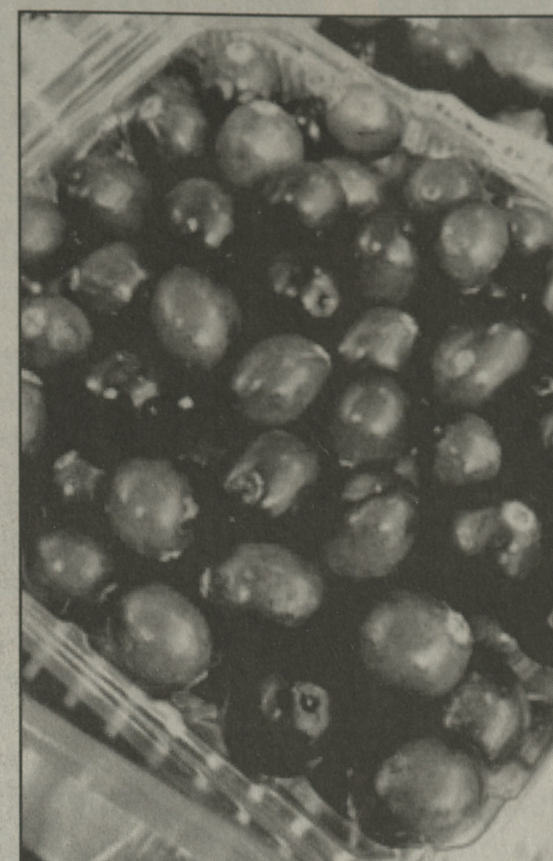
I am sad to only be at Salisbury for a semester and would love to be able to stay for the year. That being said, I do not fancy messing with Homeland Security who would probably try and deport me if I outstay my visa, so I guess I better go home.

My final thanks must go to everyone who has welcomed me in to this wonderful university in the incredible country that is the United States of America. It has been wonderful to meet many of you and to share my experiences from home whilst being treated like one of your own for the short time that I have been living in Salisbury.

It has been a pleasure.

Student Health

Health food of the week: Cranberries



BY MEGAN MAHEDY

Calories per cup: 45
High in: Vitamin C, Fiber, Vitamin E
Best to buy: Fresh - unsweetened

Cranberries are one of three berries indigenous to North America. The Pilgrims believed that cranberries could cure scurvy and due to their high levels of vitamin C, and they were not too far off.

From a health approach, these bitter and bright red berries should be on your list of things to be thankful for this holiday. Cranberries have often been coined as a staple and favorite during the holiday season.

These powerful berries are a popular favorite during Thanksgiving celebrations in the form of cranberry sauce, cranberry drinks and dried cranberries added to stuffing, casseroles or dessert.

Cranberries are at the top of the list for healthy foods with their high nutrient and antioxidant content.

According to the Academy of Nutrition and Dietetics, "antioxidants, such as vitamins C and E and carotenoids, which include beta-carotene, lycopene and lutein, help protect healthy cells from damage caused by free radicals."

Lifestyle factors that can produce free radicals include breathing air, digesting food, being exposed to second-hand smoke and the sun. These antioxidants are important to help protect the cells found in the human body from becoming susceptible to cardiovascular disease and certain types of cancers. Representing the largest systematic screening of antioxidants in food, the United States Department of Agriculture found that cranberries are among the top five foods with the highest levels of antioxidants. To put the significance into perspective, this study included testings of more than 1,100 commonly consumed foods and beverages.

Cranberries are a great addition to a healthy diet and a fantastic way to add healthy antioxidants needed for optimal

health. So, enjoy your healthy serving of cranberries this holiday season!

Recipe of the Week:

Cranberry Sauce

As a Thanksgiving staple, cranberry sauce is always a holiday favorite. Here is healthy, homemade cranberry sauce with delightful side hints of orange and pineapple to enhance the bold flavor!

Serves 9

Ingredients

- 2 12 ounce bags of fresh cranberries
- 1/2 cup water
- 1/2 cup of sugar-free applesauce
- 1/4 cup 100% pineapple juice
- 1 orange: juice and zest
- 3-4 Tablespoons of honey, stevia, or maple syrup to sweeten (optional if needed)

Directions

1. Wash berries thoroughly in colander.
2. Add cranberries, pineapple juice, applesauce and water in a sauce pan. Bring mixture to a boil.
3. Maintain mixture on medium heat. Stirring often, leave on for 10-15 mins or until cranberries start to explode.
4. Reduce to low heat and add the orange juice and zest into cranberry mixture.
5. Leave on low heat for approx. 10-15 minutes and remove from heat to cool.
6. Store in fridge overnight before serving.

*Compared to store bought versions, this is not as sweet. Taste at the end of cooking. It is naturally sweet from the fruit juice and applesauce, but you can add sweeteners to taste if needed. Enjoy!

Thanksgiving without Guilt



BY MEGAN MAHEDY
Staff writer

We have been waiting all year for the endless food and treasured memories of Thanksgiving Day. Many people believe that since Thanksgiving only comes around once a year, indulging in your favorite holiday foods is inevitable. Americans have a tendency to think that splurging and gaining weight during the holiday season is a national past time. However, for many of us, we have an inclination to pack on that extra pound and often times this weight stays on permanently.

This feast does not have to sabotage your weight or overall health. Being Thanksgiving-savvy can help prevent you from going into that uncomfortable "food coma" after the meal and potentially gaining an extra pound. With some healthy Thanksgiving tips, you can satisfy your lust for delicious traditional favorites while still enjoying a healthy Thanksgiving celebration.

Here are some tips to guide you towards a healthier and joyful Thanksgiving:

• **Eat breakfast:** Many people have a tendency to skip breakfast to save calories for the big meal; however, eating a satisfying breakfast can help control appetite throughout the day. Try to start your day out with a couple of eggs and a side of fruit, so you will not be famished by the big meal.

• **Exercise:** Get energized and burn some extra calories by getting active before or sometime after the meal. By taking a 30 minute walk around the neighborhood with a family member, this can create a calorie deficit by burning off extra calories, suggests Connie Diekman, MEd, RD, former president of the American Dietetic Association (ADA).

• **Control your servings:** Your eyes can

occasionally be bigger than your stomach. Although the food at Thanksgiving seems bountiful and endless, controlling your portion sizes can aid in preventing overeating. Try to resist the temptations of eating too much and going back for nonessential seconds.

• **Sip on water:** By continuously sipping on water, this will aid in preventing dehydration, in which, the symptoms can sometimes be mistaken for hunger. Water can also help keep your stomach full, thus potentially preventing the intake of those excess calories.

• **Eat slowly & savor every bite:** As previously stated, Thanksgiving only comes once a year. Try to savor every bite and enjoy this beautiful and bountiful meal. By eating slowly, this allows more time for your brain to recognize when you are full. Put your fork down between bites to ensure proper satisfaction. On average, it takes your brain 20 minutes to realize that the stomach is full. Try to take some time after eating to decide if you really need to go back for seconds.

• **Focus on family & friends:** This holiday season is a time for celebrating everything you are thankful for. Thanksgiving is not just about endless food, but also celebrating the treasured relationships in your life. Be social and enjoy the quality time with your loved ones.

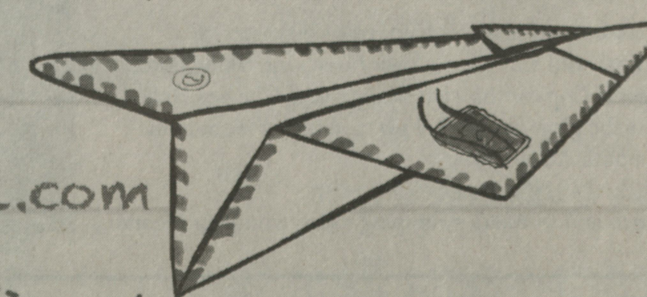
• **Be realistic:** In our culture, endless food is a given. Thanksgiving is a time for celebration and traditions, not restricting yourself from your favorite treats. The trick is to enjoy yourself, by being consciously aware of your surroundings and enjoying everything you are thankful for.

Remember: Thanksgiving is a time for stuffing a turkey, not yourself!

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SPORTS

Volume 45, Issue 12

November 18, 2014

Men's basketball starts season strong

BY RICKY POLLITT
Staff Writer

After a loss to Division I University of Maryland-Eastern Shore in an exhibition last Tuesday, the Salisbury University's men's basketball team got back on track and won its first game of the season against Bryn Athyn College in the Optimist Tournament at the Maggs Physical Activities Center on Saturday.

With both the offense and defense having strong showings, the Sea Gulls beat the Lions 78-72 and advanced to 1-0 on the year.

"We're excited to start the season off on the right foot," Sea Gulls head coach Josh Merkel said. "We had guys emerge and make plays down the stretch that they're going to be able to build on later in the season."

Salisbury started the game out strong, scoring 14 points early in the first half. The Gulls lead 44-36 at halftime.

"We scored a lot of points quickly and it helped us out the entire game," guard Justin Witmer said.

Witmer finished second on the team in scoring with 16 total points. Forward Kyler Savercool led the Sea Gulls with 21 while four other teammates ended the day with double-digit points.

Despite being up early, the Lions continued to fight and kept Salisbury on their feet throughout the game.

"Bryn Athyn is well coached, they played hard and we were never able to put them away," Merkel said. "They fought until the end, and showed great effort."

Going into the contest, a lot of hype was centered around guard Gordon Jeter who was coming off of an impressive freshman year. Jeter averaged 7.8 points a game and put up 203 points last season on his way to being named the Capital Athletic Conference's Rookie of the Year.

"I just go and play ball," Jeter said. "It's nice having the spotlight on you, but really I'm just here to play."

Even with Jeter fouling out half way through the second half, the Salisbury defense held strong. They finished with 36 total rebounds and held Bryn Athyn to only 23 field goals out of 55 attempts.

Six players made their debuts in a Sea Gull uniform on Saturday, including Freshman guard Jordan Brooks, who was second on the team in rebounds and fifth on the team in scoring.

"Brooks was phenomenal. I thought he was a huge difference maker and was able to show off the right way," Merkel said. "He stepped up in a big way."

Salisbury followed up Saturday's win with an 87-70 loss to No. 14 Dickinson on Sunday.

The Sea Gulls will host Wilson College at home on Wednesday. After fouling out on Saturday, Jeter posted a double-double in Sunday's loss, leading the Sea Gulls in scoring and rebounding with 24 points and 11 rebounds. He hopes that he and the rest of the team keep on improving.

"Expect some better games, more wins and hopefully a championship," Jeter said with a smile on his face.

The Weekly Dig

Highlights from the season

BY MEGAN NEWCOMER

Staff Writer
@MeganNewcomer1

MEGAN NEWCOMER

Staff Writer

Without the invitation to the NCAA tournament, Salisbury's Women's volleyball put the nets away for the year and walked away with a memorable season.

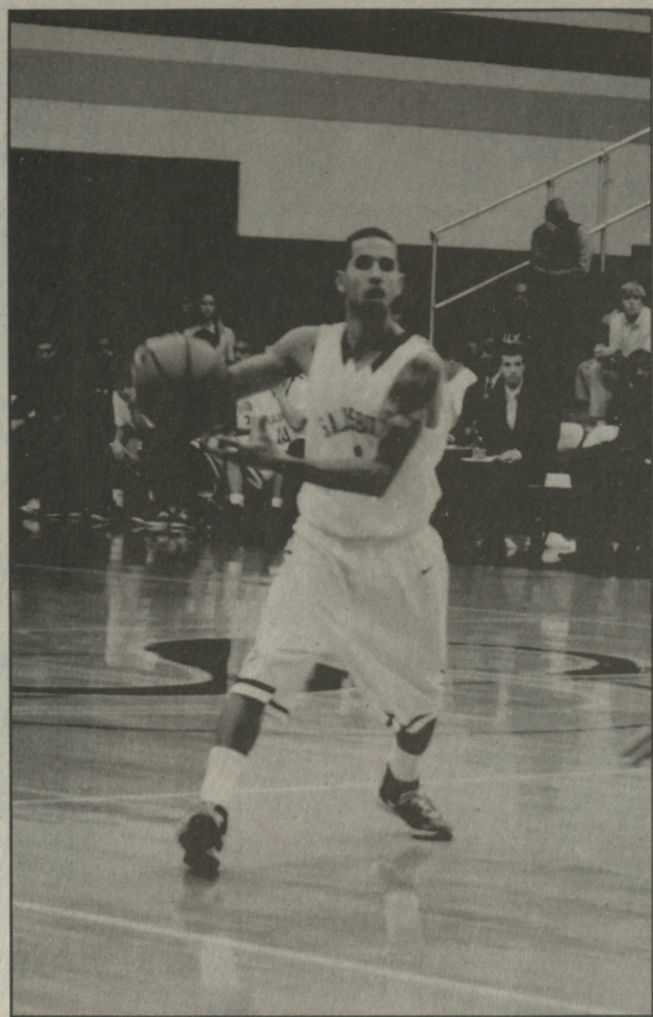
It's disappointing to think that an opportunity to play one last game was in reach, but alas, the NCAA was not rewarding of the Sea Gulls' accomplishments but these girls had a fantastic season. No one on the team should walk away discouraged.

Not only did they start their season with a suspenseful and heart pumping match, going in overtime twice against Stevenson, but they defeated the team in only three sets. After this first match they went on a winning streak, making the rest of Salisbury believe that this team was truly undefeatable.

Ten games later, they had their first loss against Massachusetts-Boston. It was a learning experience. Perhaps the girls thought, as everyone else did, that they couldn't lose. This put a spark underneath them. It gave them a reason to fight and this fight was obvious in the rest of the season. The team diversified with some wins and losses towards the middle of the season; however, when it mattered most, they came back to their winning streak for their last five games, giving themselves a spot in the playoffs.

They didn't just stop there, two games and two upsets later they were on their way to the Capital Athletic Conference Championship against Christopher Newport. Though they did not win the championship, they still were able to make it to that final game. Seniors, Michelle Meehan, Julie Poston and Nikki Binetti ended their college volleyball careers with a group of girls that were bonded as well a team could be, and fought alongside of each other until it was all over.

Highlights of the year started at the beginning of the season when it was announced that Salisbury Volleyball won the Team Academic Award for 2013. Starting the season with an award, was just a preview for the year



Megan Findle photo

Samantha Breckinley graphic

Senior guard Nick Sparacino looks for an open man to pass to

SALISBURY SEAGULLS BASKETBALL

MEN'S TEAM

LAST SEASON

14-12 RECORD (9-7 IN CAC)
LOST IN OVERTIME AT HOME IN THE FIRST ROUND OF THE CAC TOURNAMENT, 79-74, TO CHRISTOPHER NEWPORT
GORDON JETER NAMED CAC ROOKIE OF THE YEAR
KEY DEPARTURES: TIM HARWOOD, DOMINIC MILBURN

THIS SEASON

VOTED NO. 4 IN CAC PRE-SEASON POLL
LOST 70-51 TO D1 UMES IN EXHIBITION
KEY RETURNERS: JETER, JUSTIN WITMER, CHARLES PORTER
KEY NEWCOMERS: ROCKY HARRIS (JUCO TRANSFER), JORDAN BROOKS, CONOR LULAY

WOMEN'S TEAM

LAST SEASON

18-9 RECORD (12-4 IN CAC)
LOST IN CAC SEMIFINALS TO CHRISTOPHER NEWPORT, 79-72
ANNA HACKETT AND SARAH SEIPP EARNED ALL-CAC HONORS
KEY DEPARTURES: KELSEY VERICA

THIS SEASON

VOTED NO. 1 IN CAC PRE-SEASON POLL
TUPPED THE NAVAL ACADEMY IN AN EXHIBITION
KEY RETURNERS: HACKETT, SEIPP, COURTNEY MCMAHON, ADIA MCANUGHLIN
KEY NEWCOMERS: JOSEPHINE NORMAN, PAIGE BRIGHT

Burke and Coach Jones take home CAC awards as Cross Country wraps up season

BY BRANDON WOODROFFE
Staff Writer

Running for some people is categorized as the worst thing that was ever created by mankind.

The simple thought of having to run for anything has some bent over right now searching for air.

So in a sport like cross country, the athletes must really be in love with running to put their bodies through such physical conditions. In Thomas Burke's case, his love for the sport has pushed him through the pain to new heights which have made him one of the best runners in the Capital Athletic Conference.

Burke, a junior runner on Salisbury University's men's cross country team, was recently named as the CAC Runner of the Year after a very successful season and became the sixth men's runner to win the award for Salisbury and the first to earn this achievement for the school since 2010.

The junior runner just finished the NCAA Division III mid-east regionals in 29th place with a time of 25:51.2, but just weeks earlier he won the conference individual championship with a time of 25:02.2, helping push

the Sea Gulls to first place for the CAC title, their tenth in school history.

"It felt amazing to win," Burke said. "I told myself at the beginning of the year that I would win but to go and actually do it is something I can't really describe in words."

Burke and a few of his teammates were also recognized for the success this season by being named to the All-CAC first-team, after earning second team honors in both 2012 and 2013. Other teammates include senior George Martinez and junior Eric Wood who finished third and seventh in the championship event, respectively.

"It's really cool," Burke said. "This is a veteran group of guys and they came in and received the top five scores which helped our team a lot and helped us win the men's title."

The team's success as a whole can be credited to great coaching experience and motivation to keep the team going strong. For his coaching in 2014, head coach Jim Jones was awarded with CAC Coach of the Year honors, his ninth award of his career, as he helped lead the program to its 10th conference title, the first since 2010.

"It's a nice honor and really a reflection on the team as a whole," Jones said. "As a coach, you have to have quality athletes on your

team and I believe that we do on both of the men and women's teams. I'm so proud of what they were able to accomplish, and this award is because of those guys."

The women finished fourth overall in CAC championship race and took a step in the right direction, while the men finished in the top five in all of their races, including their first place win at the CAC title event.

"I think for both sides we had a very difficult, competitive schedule this year, against some really good schools," Jones said. "Both of our teams did very well; the men winning it all and the women improving on where they were from last year. I think this has set us up real well and hopefully got us ready for the Regional round."

At the mid-east regionals, the men's team placed tenth out of 47 schools with 327 points, while the women came in 24th, finishing in the top half of participating teams with 766 points. The Sea Gulls now look to the NCAA, which will be announcing the qualifiers for the Division III national championships. The national title races are set for Nov. 22 at 11 a.m.

"Hopefully it's not our final run and it gives us a final shot at a national championship," Jones said.

From the nest

Sports News & Notes from the Week

BY MITCHELL NORTHAM
Sports Editor

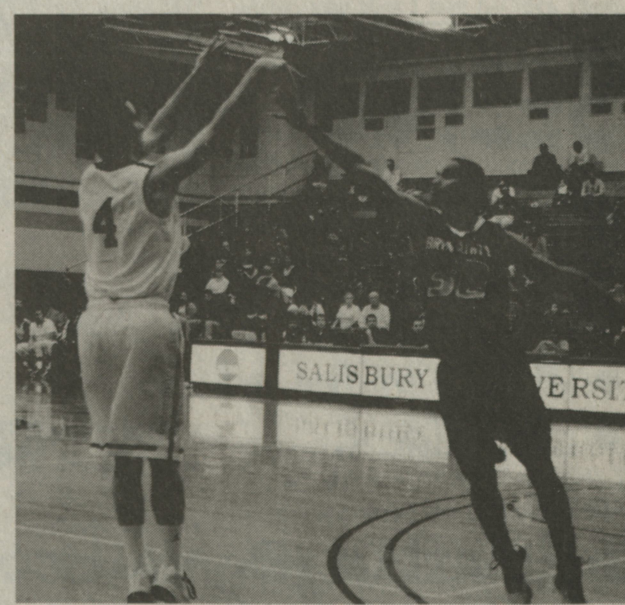
- Women's basketball started the season off strong with two wins in the Morgan Stanley Tip-Off tournament at DeSales University. The Lady Hawks beat Stevens 62-57 on Saturday and followed that up with a 72-61 win over DeSales on Sunday. Senior guard Sarah Seipp was named MVP for the tournament; through the two games she scored 35 points, grabbed 23 rebounds, dished out three assists and snatched up seven steals.

- With a 4-0 loss to Rochester in the first round of the NCAA Division III tournament, the men's soccer team's season came to an end. They finished the year with a record of 12-3-5.

- The Salisbury football team ended their season on a strong note with a 27-10 win over Frostburg, taking home the Regents Cup for the 11th straight year. The Sea Gulls will miss the playoffs, but will play against Albright in the ECAC South Atlantic Bowl.

- The men and women's swimming teams won their second

meet in a row on Saturday as both topped Penn State-Altoona at Maggs Physical Activity Center. Senior Melissa Alessandri captured a win in the 400-meter freestyle with a time of 5:04.66.



these girls had.

Later came the announcement of Katie Stouffer being the CAC Player of the Week. Stouffer was then picked for the second year in a row for the All-CAC first team. She ranked fourth in the league with a .275 hitting percentage—and to think she's only a sophomore. Seniors Poston and Meehan were picked for

second All-CAC team; both being repeat members of the honor. Meehan finished with 1948 digs, putting her third in Salisbury's defensive record book. Not only that, but she is also fourth in Salisbury history to get 240 aces—but if you've seen her serve that is no surprise. Poston finished strong with 277 kills—left handed—something that the team

will miss when she is gone.

Sure, the season ended on a sour note in a loss in the championship game and without a bid to the NCAA tournament, but everyone on this team was lucky to be a part of something so memorable. With just three seniors graduating, the Sea Gulls should return a team as good, if not better, in 2015.

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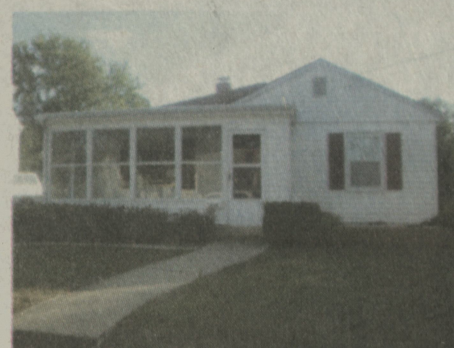
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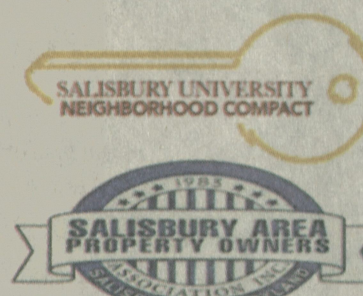
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